



DRF Battle Of The Barbell

www.warriorpowerliftingfederation.com

Date: Saturday, July 11, 2020 **Location:** 1146 NE HWY 2, Windsor, MO **Time:** 10:00am **Rules Briefing:** Sat-9:30am **Weigh Ins:** Friday (Time is up to gym owner. However, you can not weigh in more than 24 hours prior to meet) & Saturday 8am-9:30am **MEET STARTS AT 10AM!**

BE PREPARED!

Uniform: Singlet and deadlift socks are required. No loose or baggy clothes. T-Shirt required for squat and bench press. **If you are out of uniform, you will not lift.**

All bench shirts are allowed in the equipped divisions. RAW means no bench shirt, suits or knee wraps (Knee sleeves okay). Classic RAW you can wear knee wraps for squat.

Meet Director: Rich McDowell **Sanction:** Warriors Powerlifting Federation - WPLF

Entry Fee: Bench only or Deadlift only-\$70, Push/Pull-\$80, Full Power-\$90, Combine Bench Challenge- \$30
Spectator Fee: Pricing up to gym owner
Eligibility: Open to any athlete 13 years or older.
 Entry Forms must be mailed by June 27

SEND ENTRY FORM & MAKE CHECKS OR MONEY ORDERS PAYABLE TO:

RICH MCDOWELL
 500 HWY W
 Rocky Mount, MO 65072

PREFERRED CONTACT: WARRIORSPowerliftingFederation@gmail.com PHONE: 573-692-0096

CHECKS MUST CLEAR BEFORE EVENT!

(DETACH HERE)

*****CIRCLE ALL YOUR EVENTS AND DIVISIONS*****

Raw (No knee wraps)		Classic Raw (Knee wraps)			Single Ply			Multi Ply				
Bench Press	Deadlift	Push/Pull	Full Power	Combine Bench Challenge								
TEEN	JR 20-23	OPEN	SUB MASTER 35-39		MASTER							
Weight class												
97	105	123	132	148	165	181	198	220	242	275	308	SHW

ENTRIES AFTER JUNE 27 MUST BE PAID AT THE MEET WITH CASH ONLY OR ONLINE. NO EXCEPTIONS!

YOU MUST HAVE A WPLF CARD TO COMPETE.

I know that participation in a powerlifting competition is potentially dangerous. I should not enter unless I am able and properly trained. I understand and agree that Rich McDowell, Christina McDowell, Danielle Clark or the WPLF, Down Range Fitness, nor its employees or officers may be held liable for any occurrence in connection with this competition, which could result in injury, death, or damages to me. In consideration of being allowed to compete in this event, I hereby assume all risks in connection with this event and release Rich McDowell, Christina McDowell, Danielle Clark, the WPLF, Down Range Fitness, its weightlifting club operators, spotters and all other employees or officers or persons in any way connected to this event or the WPLF, for any injury or damage which may happen to me while I am engaged in this event, including all risk connected therewith, whether foreseen or unforeseen, and I do further agree to save and hold harmless the WPLF and all the above mentioned from any claim by, or by my heirs, executors, administrators, personal representatives and assigns arising out of my participation in this event. By signing, I understand and agree with all that is written above.

NAME: _____ DATE OF BIRTH: _____ AGE: _____
 SEX: _____ MAILING ADDRESS: _____ CITY: _____
 STATE: _____ ZIP CODE: _____ PHONE: _____
 EMAIL: _____

SIGNATURE: _____ (LIFTER, PARENT OR GUARDIAN IF UNDER 18)